

Army plans integrating women into combat roles

C. TODD LOPEZ AND JULIA HENNING
Armed Forces Press Service

WASHINGTON — No later than Jan. 1, 2016, women will be able to apply to all military occupational specialties, and to all Army units, across the total force.

The Army's plan includes first opening closed units to women, and then opening all closed military occupational specialties (MOs) to women.

Closed units

Today in the Army, some combat units at battalion level and below are still closed to women.

One of the first steps the Army will take is to open those closed units.

This step will not involve opening closed MOs to women, but rather, opening closed units to allow women to serve there in MOs that are already open to both genders.

Already, the Army has made headway in this area, said Maj. Gen. Howard Bromberg, Army

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Master Sgt. Renee Baldwin (left) fires a 0.50-caliber machine gun during training at Joint Multinational Training Command's Grafenwoehr range in Germany, in summer 2012. By Jan. 1, 2016, women will be able to apply to all military occupational specialties, and to all Army units, across the total force. (Photo courtesy U.S. Army)

CSA addresses reductions

U.S. ARMY GARRISON-HAWAII
Public Affairs

WASHINGTON — Speaking to reporters at a press conference broadcast live, Tuesday, at the Pentagon, Army Chief of Staff Gen. Ray Odierno announced the results of Department of the Army manpower reductions in “one of the largest organizational changes since World War II as we transition from a force at war.”

Odierno broke down the numbers for the Army's three components:

- the active component's end-strength will go from about 570,000 to 490,000 by the end of fiscal year 2017, a reduction of 80,000 warriors, or 14 percent of the force;
- the Army National Guard will reduce from 358,000 to 350,000, a reduction of 8,000 Guardsmen; and
- the Army Reserve, which was planning to increase its end-strength by 1,000, will remain at its current strength of 205,000.

The reductions were set in motion prior to sequestration, said Odierno.

“Let me be clear; we are taking these actions as a result of the Budget Control Act of 2011,” he said. “This end-strength and force structure reduction predates sequestration. If sequestration continues into fiscal year 2014, Army reductions to end-strength, force structure and basing announced today will be only the first step.”

The Army's share of Department of Defense funding began this fiscal year and extends over 10 years.

“The Army's share of this reduction is approximately \$170 billion dollars,” said Odierno.

Decisions on where the Army would make these reductions is based on a number of criteria, said Odierno, including “... the ability to train our forces, project power, provide for our Soldiers and families' well-being, the ability to expand and regenerate forces, our geographic distribution, en-



Army Chief of Staff Gen. Ray Odierno outlines impending cuts and realignment within the Army's force structure during a briefing at the Pentagon, Tuesday. (Photo by Erin Kirk-Cuomo)

vironmental and socio-economic impacts, cost and our institutional alignment with the 2012 defense strategic guidance, including the rebalance to the Pacific.”

Odierno also addressed the reorganization of brigade combat teams (BCTs), which are slated to reduce in number from 45 to 33.

“As part of the reorganization of each BCT, we will add a third maneuver battalion and additional engineer and fires capability to each of our armor and infantry BCTs in order to make them more lethal, more flexible and more agile,” said Odierno.

As BCTs are inactivated, the Army will reinvest Soldiers, equipment and support personnel into

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Engineer detachments case colors for OEF deployment

Story and photos by
1ST LT. LAURA BETH BEEBE
130th Engineer Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 14th Construction Management Team (CMT) and 15th Explosive Hazard Team (EHT), both detachments under the 130th Engineer Brigade, 8th Theater Sustainment Command, cased their colors, June 21, as

they prepare to deploy to Afghanistan.

The ceremony served to officially announce the units' deployment in support of Operation Enduring Freedom.

Col. Diana Holland, commander, 130th Eng. Bde., officiated the ceremony and expressed her confidence in the detachments. “Both teams are the best at what they

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Master Sgt. Francisco Alcantar (left) and Capt. Vincent Ramos, command team, 15th EHT, 130th Eng. Bde., 8th TSC, case the colors in preparation for their upcoming deployment in support of Operation Enduring Freedom.

Traffic roundabout makes unofficial debut July 4 near SB's Macomb Gate

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Construction crews are gearing up to complete a new traffic roundabout near Macomb Gate, here.

Roadwork is projected to wrap up in August, with streetlights to be installed later in the year.

However, the roadway will be paved, and temporary lighting and striping will be in affect, July 3-5, to accommodate heavy traffic anticipated during U.S. Army Garrison-Hawaii's annual Fourth of July celebration.

Macomb Gate will be open to both inbound and outbound traffic, 5 a.m.-8 p.m., July 4, to allow drivers access to Waianae Avenue and Flagler Street, via the roundabout.

RELATED STORY

- For more about Fourth of July Spectacular traffic patterns, see pp. B-1 and B-3.

The gate will be open to outbound traffic only, 8:30 p.m.-midnight.

Traffic patterns will revert back to current status July 5.

Work began on the project earlier this year based on a 2005 Traffic Circulation Study.

According to Dean Miyamoto, civil engineer, Engineering Branch, Directorate of Public Works, USAG-HI, the roundabout, also commonly re-

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Police Call

DES focuses on recent juvenile misconduct

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

With the summer school holiday season in full swing, the Directorate of Emergency Services would like to highlight incidents involving juvenile misconduct.

DES reminds parents that, in accordance with installation policy, parents are ultimately responsible for the actions of their children.

Juveniles 10-17 who engage in disruptive or criminal behavior may have to attend the Juvenile Review Board and be subject to administrative action — to include being barred from post.

DES would also like to remind the community that the curfew policy remains in place year-round. All children under 13 will be inside a residence 9 p.m.-6 a.m. Juveniles 14-17 are required to be inside a residence 11 p.m.-5:30 a.m. Children may be outside during those designated times only if they are under the direct supervision of a parent, guardian or family member over 18 years old.

Exceptions to the curfew policy ap-

ply for children returning home from a community facility, an installation activity, a youth services program or from paid employment. Failure to adhere to the policy may constitute child neglect.

Please be sure to reference Policy Memorandum Installation 1 (Discipline, Law, and Order) and USAG-HI 34 (Child Supervision Policy) on the USAG-HI Command Documents website (www.garrison.hawaii.army.mil/command/documents.htm) for more information regarding juvenile misconduct and the post curfew policy.

Military Police Blotter
The following are excerpts of MP blotter entries from U. S. Army Garrison-Hawaii. Subjects are innocent until proven guilty.

Promoting a dangerous drug in the third degree
April 2, the Schofield Barracks Police



Jackson

Station was notified of possible possession of a controlled substance. Investigation by patrols revealed that a 15-year-old juvenile was found in the parking lot of the Troop Medical Clinic with a plastic bag containing a white powdery substance.

The Honolulu Police Department was notified and responded to the scene. A field drug test positively identified the white substance as cocaine, and the suspect was arrested by HPD.

Theft in the third degree
April 17, a service member reported a larceny of an Apple iPod Touch that was left unsecured and unattended in his privately owned vehicle while it was parked in the Schofield Barracks housing area. Using the iPod's GPS tracking system, Military Police Investigations was able to locate the device at another residence in Schofield Barracks.

The device was under the possession of a 15-year-old juvenile who was escorted to the Schofield Barracks Police Station. The suspect was read his legal rights, which he waived to render a sworn statement admitting to taking the iPod that he claimed was on a table outside the PX. He was processed and re-

leased back to his sponsor.

Shoplifting
May 17, the Schofield Barracks Police Desk was informed of shoplifting that occurred in the Exchange. Investigation by MPs revealed that two 14-year-old juveniles had taken a bottle of nail polish and a pair of sunglasses without rendering proper payment before exiting the store.

The two juveniles were detained by Exchange security staff and forced to relinquish the stolen items. They were then apprehended and transported to the Schofield Barracks Police Station for further processing by MPI.

The suspects were later released to their parents.

Upcoming community events

- July 4: Fourth of July Spectacular at Schofield Barracks.
- July 13: Leilehua Summer Concert Series feat with Mike Ka'awa at Leilehua Golf Course.
- July 14: Bike Rodeo for Cub Scout Pack #166 at Wheeler Community Center.

BACKTObASICS

Partnerships with Guard, Reserve vital to Army

1ST SGT. SALELEA TUIOLEMOTU
Headquarters and Headquarters Company
196th Infantry Brigade

The 196th Infantry Brigade is the standard bearer for all National Guard and Reserve Component training, providing critical observer-controller support for annual training, unit battle assemblies and pre/post-mobilization training.

The brigade partners with Guard and Reserve units in their efforts to get back to the basics.

Getting Soldiers back to the basics does not stop with the Army. The 196th Inf. Bde. supports many multinational and bilateral exercises, providing experience and expertise in the training and evaluation of forces within Pacific Army Command.

Partnerships are vital to the health of the Army and critical to the ability of the brigade to accomplish its mission.

National Guard and Reserve Component units have opportunities to gain knowledge and a sense of perspective

from 196th leaders with reference to their state of training and readiness. Units see how another unit conducts its business, establishes standard operating procedures and receives direct feedback during training exercises. The 196th provides this through observer-controller/trainer mentors (OC-TMS).

Brigade OC-TMs have years of combat experience and sound-grounding in Army training and tactical doctrine. They ensure that unit training and mentorship are comprehensive, covering both administrative operation and tactical execution of the unit's mission.

A comprehensive approach ensures that units are trained, not just for the current war in Afghanistan, but for preparation for anything across the



Tuiolemotu

range of military operations.

Recently, the 196th Inf. Bde. returned from Balikatan 2013, a successful training exercise in the Philippines. During the exercise, the brigade worked with Filipino leadership and encouraged a back to the basics approach in the development of their noncommissioned officer corps.

OC-TMs engaged leaders of the Philippine army and discussed and demonstrated the duties, responsibilities and authorities of an NCO. It focused the basics of "be, know, do" and stressed that the NCOs have to be entrusted with responsibility before they can perform to expectations.

As the partnership between the OC-TMs and their counterparts developed, the vital role of the NCO became clear. At the conclusion of the exercise, one company commander pulled an OC-TM aside and expressed his appreciation, saying, "I cannot believe how well the American NCOs taught, coached and mentored all my NCOs in just two weeks!

They have changed my perceptions."

Mentorship by leaders with a focus on the basics will enable a successful transition while maintaining operational readiness. Young leaders need to understand the difference between combat operations and home station training.

Home station operations are the basics, and they are those things that establish the foundation of training and discipline. The focus on combat operations has absorbed the majority of our effort and time, recently, at the expense of home station functions. As leaders, we must teach, coach and mentor the Soldiers of today's Army to understand the importance of these functions, focusing on discipline, to get back to the basics.

Army Values, customs, courtesies and traditions will be the cornerstone upon which the next generation is built. These provide guidance and inspiration for NCOs and officers to lead from the front and to take care of Soldiers.

(Editor's note: Capt. Aaron Poll, 196th Inf. Bde., contributed to this article.)

FOOTSTEPS in FAITH

We can all choose kindness over bullying

CHAPLAIN (CAPT.) SANG PAK
45th Sustainment Brigade
8th Theater Sustainment Command

Growing up as the only Asian kid in my hometown of Hamilton, N.J., I was subjected to occasional ridicule.

Eventually, a kind teacher took notice and taught me the old adage that sticks and stones could break my bones but that names would never hurt me.

It never worked. The truth is, words can and do hurt.

It doesn't take a genius to realize that being bullied can have long and lasting emotional effects. We've seen this evident in recent news articles.

Sometimes, we are so affected by such circumstances that we allow that pain to control who we are and become the very same type of person that caused us pain in the first place.

I always chose not to.

Life isn't easy. Murphy's Law states that anything that can go wrong will go wrong at any given moment — and usually at the worst possible time!

It's often easy to take out our frustration on others, especially to those we are supposed to lead by example. But the Scriptures remind us to be careful about "foul and abusive language" and that, instead, we should say things that are good and helpful so that our words will be an encouragement to those who hear them.

If you open the Christian Bible to Ephesians 4:29-32, you will find these words:

"Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his



Pak

own, guaranteeing that you will be saved on the day of redemption. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

When our subordinates fail us, do we tend to mention only their failures without giving them proper instruction? When our leaders fail us, do we, out of bitterness, reflect their attitude on others?

Let's do something radical and follow the words of the Bible. Let's be kind to each other, regardless of the situation or how we were treated.

After all, the people we affect every day aren't just our subordinates ... they're someone's son, daughter, father and mother.

(Editor's note: Pak is the Special Troops Battalion chaplain at 45th Sust. Bde.)

Voices of Ohana

In celebration of Independence Day, July 4, we want to know:
"What freedoms are you most thankful for?"
Photos by U.S. Army-Pacific Public Affairs



"I enjoy the freedom to spend time with my family."

Pfc. Miseon Flowers
Admin assistant, HSC, USARPAC



"I'm thankful for grillin' in the backyard with family, the simple stuff."

Spc. Michael Hoops
IT specialist, Operations Co., USARPAC



"Freedom of speech."

Devante Moore
Civilian employee, Fort Shafter



"Freedom of religion."

Staff Sgt. David Ribar
Chaplain's assistant, USARPAC



"Freedom of speech."

Spc. Larry Waller
Munitions specialist, 8th TSC

Hara is welcomed to USARPAC

STAFF SGT. AMBER ROBINSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Maj. Gen. Gary Hara was welcomed as the deputy commanding, Army National Guard, U.S. Army-Pacific, during a Flying V ceremony at Palm Circle, here, Tuesday.

The ceremony was officiated by Maj. Gen. Roger Mathews, deputy commanding, USARPAC.

Mathews welcomed Hara and his family into the ranks of the command’s ohana. “Maj. Gen. Hara’s presence at USARPAC will be powerful,” said Mathews. “He is the right man for the job at the right time. These are inspiring times. The Army and our headquarters are growing. I believe he will rise to the occasion.”

Hara expressed his pride in joining the USARPAC team, and his honor at officially receiving his new position during the ceremony.

“I have attended many ceremonies on this historic field,” said Hara, “but this is the first I have attended that has been in my honor. I am excited to be a part of the US-ARPAC team.”

The Flying V ceremony traditionally welcomes or honors senior Army officials



Maj. Gen. Gary Hara (at podium), deputy commander, U.S. Army-Pacific, addresses the crowd during his Flying V ceremony, held on Palm Circle, Tuesday, as Maj. Gen. Roger Mathews, deputy commander, USARPAC, looks on. (Photo by Russell Dodson, U.S. Army-Pacific Public Affairs)

when they assume duties or depart from an Army command. The name, Flying V, refers to the way the colors are posted during the ceremony, which is V-shaped.

Pacific chaplaincy gathers for CAST call

STAFF SGT. AMBER ROBINSON
U.S. Army-Pacific Public Affairs

MARINE CORPS BASE HAWAII — Chaplains and their assistants from across U.S. Army-Pacific gathered at the chapel, here, for Chaplaincy Annual Sustainment Training, earlier this month.

CAST is a two-day, chief of chaplains-sponsored, annual training event, which provides up-to-date training for chaplains and assistants as recommended by the Army.

This year’s training theme was “Religious Support Professionals within the Army Profession.” Topics included lessons learned from a decade of war, post-traumatic stress disorder and the unit ministry team (UMT); from monitoring the moral azimuth and from religious diversity in Southeast Asia.

“This year’s CAST was a great opportunity to hear subject matter experts speak on the issues of ethics, PTSD and advising, which impact our Soldiers’ lives every day,” said Chaplain (Maj.) William Killough, Contingency Command Post and US-

Unit Ministry Team of the Year

- Chaplain (Capt.) James Mitchem
- Sgt. David Besikof, chaplain’s assistant

Both with 2nd Bn., 14th Cav. Regt., 2nd SBCT, 25th ID

ARPAC operations.

Sgt. Maj. Stephen Stott, senior enlisted leader, Chaplain Corps, represented the chief of chaplains. Stott provided a current status of the chaplaincy and discussed what the Army has in store for UMTs during the next year.

“The training not only gave chaplains and their assistants tools to individually do their jobs better, but we also got to hear from Sgt. Maj. Stott on the way ahead for the entire field,” said Killough.

The two-day training culminated with an award ceremony for battalion UMT of the year. Chaplain (Capt.) James Mitchem and Sgt. David Besikof, chaplain’s assistant, both with 2nd Battalion, 14th Caval-

ry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, received the honors.

“The 2-14th Cav. unit ministry team of Chaplain Mitchem and Sgt. Besikof distinguished themselves over the last year in providing outstanding pastoral care and religious support to their unit and community of faith,” said Chaplain (Col.) Michael Dugal, USARPAC. “Their religious leadership is a blessing to their unit and chapel congregation and is an example of ‘what right looks like’ within the Chaplain Corps.”

Maj. Gen. Roger Mathews, deputy commander, USARPAC, presented the awards and spoke about the importance of chaplains and the UMT.

“The positive spirit of the chaplain and the chaplain’s assistant is so important,” said Mathews. “Everyone here is in the Soldier business more than anyone else, because you allow Soldiers to feed off your energy. You provide that calm and reassurance that keeps the fabric of our great organization intact.”



Chaplain (Capt.) James Mitchem (second from right) and chaplain's assistant Sgt. David Besikof (right), both with 2nd Bn., 14th Cav. Regt., 2nd SBCT, 25th ID, receive congratulations from Maj. Gen. Roger Mathews (center), deputy commander, USARPAC, for being awarded USARPAC's Battalion Unit Ministry Team of the Year during Chaplaincy Annual Sustainment Training at Marine Corps Base Hawaii Chapel, June 7. (Photo by Staff Sgt. Amber Robinson, U.S. Army-Pacific Public Affairs)

OEF: Engineer detachments case colors to deploy

CONTINUED FROM A-1

do, and they will excel,” she said. “The CMT has the smartest and most qualified design and facilities engineers in the engineer regiment. The 15th EHT has a mix of the best combat engineers and explosive ordnance disposal personnel ever assembled.”

The 14th CMT will deploy nine Soldiers to provide construction management expertise and engineer staff augmentation to the theater engineer brigade in the execution of responsible drawdown operations.

The 15th EHT will deploy with seven Soldiers to target the improvised explosive device threat, in country, by traveling throughout Afghanistan assisting route clearance patrols.

The deploying units, although small in the number of personnel, has a geographically diverse and broad mission ahead. Both detachment commanders are confident in their Soldiers’ ability to step up to the challenge and overcome it.

“The 14th Engineer Detachment is ready to deploy as the brigade’s vanguard ele-



Spc. Jason Wilkins, a combat engineer with the 15th EHT, 130th Eng. Bde., 8th TSC, holds his daughter after the color casing ceremony in preparation for an upcoming deployment in support of Operation Enduring Freedom.

ment to Afghanistan,” said Lt. Col. Richard Collins, commander, 14th CMT detachment.

Capt. Vincent Ramos, commander, 15th EHT detachment, paralleled Collins’ thoughts when he addressed the 15th EHT Soldiers during the deployment ceremony.

“This is the moment we were training for ... breach hell,” said Ramos.

“As the retrograde continues and forces reposition in Afghanistan, all units will have to adjust to changes in missions, locations and emerging requirements,” Holland said. “I believe the 14th and 15th will have to react and adapt to such changes during most of their deployment.”

The 14th CMT was reactivated on Schofield Barracks in October 2010 after being deactivated in October 1990. The 14th CMT’s last wartime deployment was to Vietnam, 1967-1969.

The 15th EHT was reactivated on Schofield Barracks in October 2008 after also being deactivated in October 1990, and its last wartime deployment was Operation Iraqi Freedom, 2009-2010.

The 130th Eng. Bde. headquarters sends the detachments as it prepares to follow.

Sequestration calls for REST

Creating new programs isn’t easy

CHAPLAIN (MAJ.) SCOTT KOEMAN
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — As sequestration has hit the Army over the past several months, funding for the Army’s Strong Bonds program has also been cut.

Strong Bonds is service run by the Chaplain Corps; it helps married Soldiers work on their relationships with their spouses by getting them away from everyday life to a nice hotel and by attending workshops and classes led by Army chaplains.

All Strong Bonds training events for the 2nd Stryker Brigade Combat Team, 25th Infantry Division, have been completely cut for the rest of fiscal year 2013. However, that’s not stopping the 2nd SBCT from carrying on with the mission to help its families.

In early March 2013, Col. Thomas Mackey, commander, 2nd SBCT, and I began strategizing and vision-casting about how to most effectively build a program that addresses the needs of marriages without loads of financial resources. It didn’t seem too difficult. It was a fairly straightforward formula:

- Find the best low-cost or free locations for training.
- Convert from PowerPoint to paper many of the ideas and material used in Strong Bonds, so classes and workshops can be taught on a beach or at a beachside pavilion.
- Buy or make cost effective food or even use a potluck method to feed everyone.
- Ensure the training is interactive, practical and engaging.

Of course, new programs are not always as simple as they may seem. You have to come up with a new, creative name. All of the 2nd SBCT chaplains came together to brainstorm and plan out the details of what we titled the “Relationship Enhancement & Sustainment Training,” or REST program.

We agreed that effective communication, the five love languages, forgiveness and commitment were crucial topics to be addressed in the program. We collaborated on the workshops and classes to make sure everyone would get the same great experience.

REST retains all the key material of the Strong Bonds program without the overhead. The biggest thing that separates the two programs is that the training locations are low-cost, or free, and the material is free from PowerPoint projection.

Col. Mackey said to me, “Chaplain, living in Hawaii has its benefits. We need to take advantage of it.”

One location that has worked well is the Sunset Lanai at Camp Smith. May 21, seven couples from 2nd SBCT gathered under the large lanai overlooking Pearl Harbor for their REST seminar. The view could have been distracting, since it’s so incredible. Instead, it created a nice, calm ambiance for learning that enabled couples to focus on their marriages in a very peaceful setting.

Not only were the training and location excellent and well appreciated, but they also were close to the participants’ homes, though surrounded by military operations.

It’s nice when Soldiers can dress comfortably in slippers, shorts and a T-shirt and relax while placing attention on their marriages. However, it’s never just about location. It’s content; the couples loved it.

One person noted on a card after the seminar, “This event may have saved my marriage.”



Chaplain (Maj.) Scott Koeman (left) leads a pre-convoy prayer at Forward Operating Base Wolverine, Zabul, Afghanistan, Nov. 2, 2009. Koeman, then a captain with 4th Bn., 23rd Inf. Regt., is used to improvising, like REST in lieu of the Strong Bonds program. (U.S. Air Force photo by Staff Sgt. Christine Jones)

Gate: New roundabout opens for 4th of July

CONTINUED FROM A-1

ferred to as a traffic circle, was developed to ease traffic egress at the intersection of Waianae Avenue and Macomb and Flagler roads.

“DPW is hoping the roundabout will help with traffic circulation and also help with safety,” Miyamoto said.

Miyamoto explained that unlike a multi-way stop — where all drivers must come to a complete stop and wait their respective turns before proceeding, one at a time, through the intersection — when drivers approach a roundabout, they smoothly “flow” into and out of the circle, always to the right.

“Drivers entering the roundabout will have to yield to oncoming vehicles before entering the roundabout,” Miyamoto added. “The vehicles already in the roundabout have the right of way.”

Even with the newly installed roundabout, Miyamoto cautions that smaller streets such as these normally are congested with parked vehicles and are a busy thoroughfare for cars entering and exiting driveways.

USAG-HI’s DPW and Directorate of Emergency Services advise all drivers to obey the speed limit through the surrounding housing areas and remain vigilant of pedestrians and children at play.

Sexual assault victim details personal story of attack

In Part Two of series, Valdez makes needed adjustments

STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Staff Sgt. Mary Valdez felt disgusting. She felt dirty. She felt a thousand showers wouldn’t wash away what she was feeling. After a day of testing at the hospital, she was given two options: file a restricted or an unrestricted report, a choice that could potentially make her experience public. At the time, she thought, “The guy was only 19, and I didn’t want to ruin his life, but he just ruined mine, with no thought to it.” Valdez chose the unrestricted route. The next few months were a roller coaster of reports, emotions, meetings and trials. She felt suicidal and homicidal at the same time. She would burst into tears randomly, but when Valdez went to the Army Criminal Investigation Division (CID) to give her account, they told her that he’d confessed. The next month she deployed to Afghanistan. The high tempo helped her forget, but she was required to report back to Hawaii for the trial. Everything appeared to be on her side: DNA evidence, a confession. But he was acquitted of all charges. “When they said acquitted, the Soldiers from my rear detachment started high-fiving him. I just had to get out of there. My forward unit want-



Lt. Col. Matthew Goodman (with microphone), commander, 8th STB, 8th TSC, discusses the important of the Army’s Sexual Harassment/Assault Response and Prevention program to a group of more than 275 Soldiers following a documentary about sexual assault in the military, June 20. (Photo by Spc. David Innes, 8th Theater Sustainment Command Public Affairs)

ed me to fly back the next day, but there was no way. “They see this,” Valdez said, pointing to her rank. “They see (staff sergeant.) They see someone who should’ve known better. I may have

put myself in a situation, but I wasn’t doing anything. I didn’t invite him into my room.” Valdez was about done with the Army. “I remember thinking to myself; I will never be able to put on that uniform again. But the passion

and the love I have for the Army was much greater.” A senior NCO told Valdez she could hate the Army, get out and never look back, but to first think about all the years she’d dedicated to it and to ask herself if she wanted to throw it all away. But she also gave Valdez an alternative: new unit, new base ... a new start. “I think that is what I was waiting to hear. I thought, when can I put my uniform back on?” She said the support she felt from her new unit helped her move forward. “My new command sergeant major asked me, ‘What can I do for you?’ and I told him that I wanted to help other people who have been through what I’ve been through. Six months later I was training to become a SHARP victim advocate.” It was that new beginning she’d longed for, the chance to be a living example of personal courage each and every time she shares both her pain and hope for change. In February, Valdez was selected to represent the Army during the Department of Defense Survivor’s Summit, where she met one-on-one the director of the DOD Sexual Assault and Response Office. “I can’t believe I’m actually getting the opportunity,” she said, through more tears. “It’s very bittersweet to me. This is like my justice.” (Editor’s note: Valdez serves as the 8th Theater Sustainment Command’s protocol noncommissioned in charge.)

8th STB holds standown for SHARP awareness

STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — More than 550 8th Special Troops Battalion Soldiers, 8th Theater Sustainment Command, committed four hours, June 20, for a standdown to review the Army’s Sexual Harassment/Assault Response and Prevention (SHARP) program. The standdown took place to promote the unit’s — and Army’s — dedication to having a climate of dignity and respect. The stoppage of work demonstrated the commitment of 8th STB to change because of the large scale and critical nature of its mission. Participants ranged in rank from private to major general. Maj. Gen. Stephen Lyons, commanding, 8th TSC, touted his pride of the unit and its day’s worth of introspection. He said it was important to hold everyone accountable across all ranks. “We are the greatest Army in the world,” said Lyons. “People have a sacred trust in us. We have a responsibility to take a look at ourselves and make the Army better.” The 8th STB divided the participants into two groups of about 275 each that rotated between two interactive stations, ensuring that every Soldier in the unit received all of the information. At one station, Soldiers watched a docu-

mentary about sexual assault in the military. The introspective film provoked thoughts and discussion within the groups. “This film is a microcosm of the Army and the military in general, but in no way downplays the seriousness of this issue,” said Lt. Col. Matthew Goodman, commander, 8th STB. “We have a responsibility to our brothers and sisters in arms to take care of each other.” The second station featured several SHARP representatives and volunteers acting out skits that outlined the dangers associated with alcohol. The three-part skit showed a Soldier, brand new to the Army and her unit, seduced by other Soldiers into drinking. The purpose of the skit was to show the audience how an act, regardless of how innocent, can turn into something terrible like sexual assault. “I’m glad the unit took the time to talk about these very serious issues,” said Spc. Jacquelyn Robbins, an 8th STB Soldier in the surgeon cell section. “It shows me, and I think everyone here, that sexual assault and harassment will not be tolerated here, or the Army.” This event is one of many the unit has conducted in the past two months to show the 8th STB’s commitment to SHARP and to increase awareness and combat sexual assault and harassment, while vigilantly doing whatever’s necessary to ensure a culture of dignity and respect for all.



Soldiers with the 8th STB, 8th TSC, put on a skit to show the importance of the Army’s Sexual Harassment/Assault Response and Prevention program. (Photo by Spc. David Innes, 8th Theater Sustainment Command Public Affairs)

StormReady equals storm safety

2013 storms may be severe

JASON MCLENDON
U.S. Army Installation Management Command

SAN ANTONIO — According to the National Weather Service (NWS), Americans live in the most severe, weather-prone country on Earth. Weather disasters in the United States account for around 500 deaths and nearly \$14 billion in damage each year. CAMP HUMPHREYS, South Korea — U.S. Army Garrison-Humphreys displays its commitment to a ready community through the StormReady program. (Photo courtesy U.S. Army)



Americans can expect to face an average of 100,000 thunderstorms, 5,000 floods, 1,000 tornadoes and two deadly hurricanes making landfall in the same time period. And these expectations don’t even include intense summer heat or winter cold, high winds, wildfires or other deadly weather impacts. U.S. Army installations are impacted by the same severe weather, directly affecting Army property, personnel and mission. U.S. Army Installation Management Command’s goal is to ensure that every garrison is prepared for severe weather — maximizing safety and minimizing damage. In July 2012, the IMCOM Provost Marshal/Protection Office sent a memorandum to region emergency management coordinators and garrison emergency managers encouraging the expansion of IMCOM’s state-side installations (including Alaska and Hawaii)

participating in the NWS StormReady certification program. NWS StormReady is a nationwide program to help communities, universities and installations better protect their citizens, students, Soldiers, families and workforce during severe weather incidents. This program encourages communities and military installations to take a proactive approach to improve local preparation and readiness for hazardous weather conditions. StormReady provides emergency managers with clear-cut guidelines on how to improve their hazardous weather operations along with providing recommended local procedures designed to reduce the potential for disastrous, weather-related consequences. There is no cost to apply to the StormReady Program, and 11 IMCOM garrisons have completed the NWS process for StormReady certification so far. In the past few months, Americans have experienced several severe storms. Oklahoma has had multiple tornadoes this year, with severe financial damage and almost 100 lives lost. In Mississippi, ice storms and tornadoes left thousands without power and several dead. Texas tornadoes killed at least six people. In March of 2013, AccuWeather’s long-range forecasters predicted a severe storm season during the mid-spring and early summer of this year. “It looks like everybody is going to be vulnerable to severe weather this year from the Gulf of Mexico in early April up to the Midwest by late in the spring and early summer,” said AccuWeather senior meteorologist Dan Kottlowski. The best way to save lives during a severe weather event is to be prepared as much as possible, which includes ensuring proper planning, education and awareness exist throughout the community. (Editor’s note: McLendon works in IMCOM’s Provost Marshal/Protection Office.)

StormReady
To save lives, get ready. For more information on the StormReady program, call (210) 466-0518 or visit www.stormready.noaa.gov. Locally, visit garrison’s web pages at “Health and Safety,” “Staying Safe,” “Emergency Management.” Review www.garrison.hawaii.army.mil/dptms/HurricaneFactSheet.pdf.

LAW pilot program expands APFT, tests endurance

SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of the 2nd Stryker Brigade Combat Team, 25th Infantry Division, held Lightning Athlete Warrior assessments during June as part of the recent LAW pilot program being conducted by the brigade.

“The LAW program has been very successful so far in improving the overall fitness and capability level of the Soldiers in the brigade ...”

— **Capt. Dan Stinnett**
OIC, LAW program

The LAW program builds upon the standard Army Physical Fitness Test by adding five new events and extending the run to five miles. The goal of the program is to develop a more comprehensive and functional fitness program.

“LAW is all about functional fitness,” said Capt. Dan Stinnett, officer in charge, LAW program. “You don’t do a lot of sit-ups in your daily duties. You do lift things above your head or push heavy objects onto trucks. Every exercise in the LAW program has real-world application.”

The LAW assessment gives the brigade an opportunity to test Soldiers’ muscular endurance with the standard APFT and their entire range of physical capabilities, said Staff Sgt. William John-

son, noncommissioned officer in charge, LAW program.

The LAW assessment tests the Soldiers’ ability to perform the APFT in addition to five other events and an extended run.

“The assessment is broken down into two days,” said Johnson. “During the first day, the Soldiers conduct a standard APFT with an extended five-mile run. After that, they head to the gym to perform the bench press, military press, dead lift and pull-ups. The second day is a six-mile kit march in the standard brigade combat uniform.”

The assessment is currently focused on a small portion of the brigade before the standards are finalized and implemented on the larger scale.

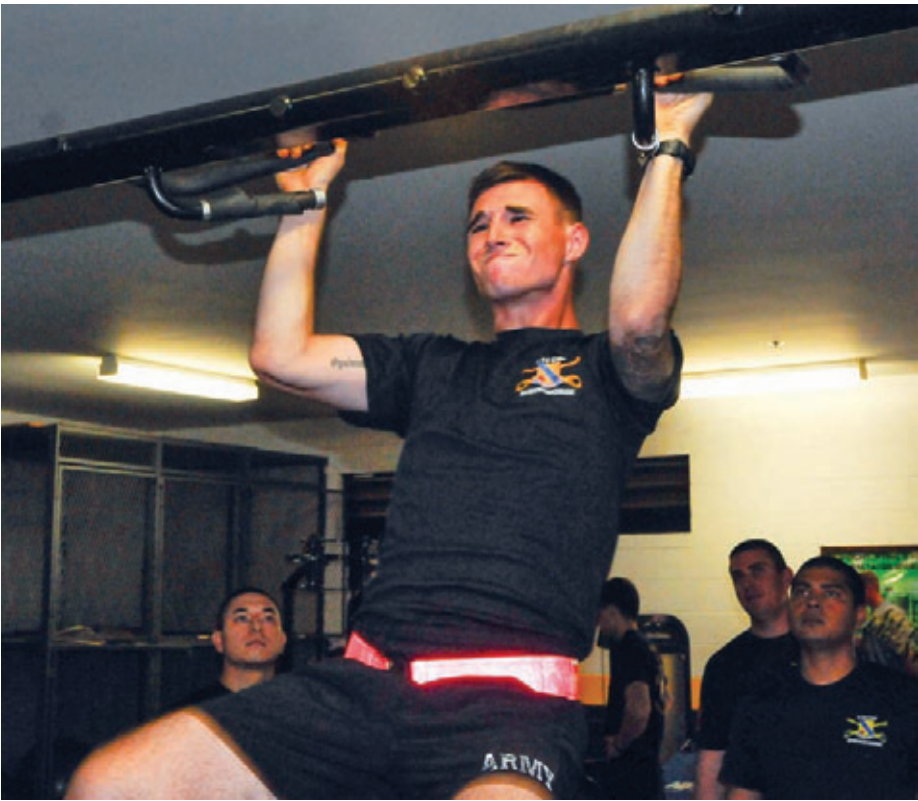
“Currently, we are taking about 25 percent of each battalion for the assessment,” said Johnson. “This is just the initial assessment so that we can make adjustments to the grading scale, if needed, and see how the Soldiers are adapting.”

“The LAW program is the brigade standard,” said Stinnett. “The battalions have been told the standards. So far, we’ve not had a battalion drop below about 85 percent pass rate on the assessment.”

The LAW program is being taught to leaders within the battalions to ensure proper execution.

“The brigade has been hosting the LAW Academy to train leaders from the battalion in the proper form and techniques used in the program,” said Johnson. “This helps to ensure that the exercises are being conducted properly to ensure Soldier safety and potential.”

“The LAW program has been very successful



Sgt. Benjamin Price, a competitor from B Troop, 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID, performs a pull-up as part of his Lightning Athlete Warrior Assessment, June 20. (Photo by Staff Sgt. Sean Everette, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division)

so far in improving the overall fitness and capability level of the Soldiers in the brigade that have participated,” said Stinnett.

The program will continue to help Soldiers reach their maximum potential in the future and ensure they are prepared for the tough physical tasks that accompany contingency missions in the Pacific.

Women: 90,640 positions in combat units to open

CONTINUED FROM A-1

personnel.

In 2012, the Army opened 14,000 positions in closed units to female Soldiers with the elimination of the “co-location restriction” through its “Exception to Policy” program. Women were assigned to maneuver battalion headquarters in nine brigade combat teams (BCTs) as an exception to the Direct Ground Combat Definition and Assignment Rule.

This year, the Army has already signaled its intent to open an additional 6,000 positions within closed units. The Army will accomplish that by opening up an additional eight active duty BCTs to women — for a total of 17; nine Army National Guard BCTs; and also positions within special operations aviation.

The Army will continue to open positions in closed units, initially within the headquarters of combat arms units, such as infantry, armor and field artillery. The Army will also open headquarters positions to women in reconnaissance, surveillance, targeting and acquisition maneuver battalions.

For enlisted Soldiers, about 76 MOSs that are open to both male and female Soldiers are represented within closed units. For officers, about 35 officer areas of concentration are represented within closed units. And for warrant officers, 19 warrant officer military occupational specialties are represented in closed units.

Opening new jobs to women

Beginning in July 2014, the Army will first open MOSs within the Army engineer branch. New opportunities for women there include combat engineer and combat engineer senior sergeant.

Once those occupations open, the Army will assign female engineer officers and any reclassified NCOs to combat engineer companies. This method will open up approximately 10,281 positions to women.

Beginning in the second quarter of fiscal year 2015, the Army will open previously closed positions within the field artillery

branch. After that, opportunities for women will expand to include cannon crew members, field artillery automated tactical data systems, fire support specialists and field artillery senior sergeants.

Within the field artillery ranch, the change will ultimately open about 15,941 jobs to women.

Additionally, the Army will open positions to women with the armor and infantry branches. Positions there are numerous. Enlisted women will, for the first time, have the opportunity to serve as cavalry scouts, armor crewmen, infantrymen and indirect-fire artillery. As a result of this change, about 90,640 positions will open for women in the Army.

The Army will also offer junior officers and junior noncommissioned officers the opportunity to transfer branches or reclassify into these occupations as a way to build a cadre of experienced female Soldiers prior to the arrival of Soldiers who are new to the Army.



PENTAGON — Maj. Gen. Howard Bromberg, Army personnel, explains the implementation of the plan to integrate women into all areas of military service, during a press conference, June 18. (Photo by C. Todd Lopez)



Spc. Crisma Albarran, with Task Force 38's Co. B, 3rd Bn., 158th Avn. Regt., detaches an ammunition case from its mount after a UH-60 Black Hawk helicopter flight over Iraq, March 14, 2010. Albarran volunteered for the job as door gunner prior to her second deployment to Iraq, and has flown more than 100 hours toward her door gunner certification. (Photo courtesy U.S. Army)

CSA: BCTs slated for reorganization

CONTINUED FROM A-1

the remaining BCTs, Ordierno said. Reorganizing the BCTs means an overall reduction of the overall number of headquarters while sustaining as much combat capability as possible.

“In other words, we are increasing our tooth-to-tail ratio,” said Ordierno.

Schofield Barracks and the 25th Infantry Division were not cited by Ordierno as having one of the 12 BCTs to be inactivated for now.

“In the future, we will announce an additional BCT to be inactivated, which will bring the number of BCTs to 32,” said Ordierno.

The reorganization of BCTs also means a reduction in related construction projects.

“As we reorganize our BCTs, we expect to cancel almost \$400 million dollars of those projects permanently,” said Ordierno.

Sequestration may have further impact, Ordierno concluded.

“Again, I want to emphasize that these reductions do not reflect reductions due to sequestration,” he explained. “Full sequestration could require another significant reduction in Active, Guard, and Reserve force structure as much as 100,000 combined.”

Reorganization of Brigade Combat Teams

The Army will inactivate a total of 12 BCTs. Two overseas-based BCTs, stationed at Baumholder and Grafenwoehr, Germany, will complete their inactivation in Fiscal Year 2013, leaving two BCTs in Europe to fulfill strategic commitments.

The remaining 10 will come at each of the following 10 U.S. installations between now and the end of Fiscal Year 2017: Fort Bliss, Texas; Fort Bragg, North Carolina; Fort Campbell, Kentucky; Fort Carson, Colorado; Fort Drum, New York; Fort Hood, Texas; Fort Knox, Kentucky; Fort Riley, Kansas; Fort Stewart, Georgia, and Joint Base Lewis-McChord, Washington.

‘Red Zone’ speeds construction

MAJ. JAMES COVINGTON
U.S. Army Corps of Engineers-
Honolulu District

FORT SHAFTER — The red zone is the last 20 yards before the goal lines at both ends of a football field, accounting for 40 percent of the field.

When a team reaches the red zone, the offense is almost to the goal line.

The red zone is never marked on the field itself — nothing formally differentiates the red zone from any other part of the field. But it becomes an extremely useful tool when planning strategy.

Similarly, a scoring drive for a construction project means finishing a successful completion for all those involved in the building process. For U.S. Army Corps of Engineers-Honolulu District project managers, its customers and stakeholders successfully and safely scoring is the ultimate goal.

Construction faces many challenges in the final stage and is more susceptible to potential delays, as there is less flexibility in the construction schedule once the beneficial occupancy date (BOD) is established. Therefore, the district implements strategies to score from the Corps’ construction staff, contractors and associated stakeholders. They do so by placing added emphasis and scrutiny on the details in the final phases of each project and conducting monthly red zone meetings with the project’s stakeholders.

The red zone meeting concept was first implemented by the district in 2002, requiring that the initial red zone meeting be conducted for all military construction (MILCON) funded projects at 80 percent completion, but not fewer than 75 days prior to the scheduled BOD. The goal is to develop a schedule necessary to achieve both timely project completion and financial closeout.

Surveys show that customers mostly remember how well a project finished and rarely address how it began. After all, most projects begin on-time and on-budget, with high morale and healthy relationships between the contractor and stakeholders.

Differing site conditions, construction challenges and personnel turnover are not uncommon and can alter the initial



Darren Carpenter (right), resident engineer, Schofield Barracks Area Office, briefs (from left) Lt. Col. Thomas Asbery, commander, USACE-Honolulu District; Brig. Gen. Richard Stevens, commander, Pacific Ocean Division; and Dickson Ma, engineer, Schofield Barracks Area. (Photo by Dino Buchanan, U.S. Army Corps of Engineers Public Affairs)

conditions and expectations over the course of a project. The best way to mitigate these potential issues is to hold red zone meetings.

During a red zone meeting, the project delivery team (PDT) meets with the contractor and the customer to discuss the closeout process, to schedule milestones and events, and to assign responsibilities for actions necessary to provide a physically complete project for the BOD and to ensure a smooth transfer and financial closeout.

The PDT uses the project closeout checklist developed through the USACE Enterprise Business Process for all new MILCON projects as the primary guidance for the red zone meetings. The checklist establishes a 46-step detailed process that starts with scheduling the initial red zone meeting to the last step of project closeout in P2 (Corps project management software).

The meetings are essential to ensure timely coordination, commitment and proactivity among the PDT, contractor and all stakeholders in delivering a com-

plete and usable facility on-time to the customer.

The various stakeholders rarely gather together. The District recommends that red zone meeting attendees include key PDT members, garrison directorates and Federal Fire, the end user and the contractor. This process results in a feasible plan of action that identifies the key agencies responsible for each activity, as well as the associated milestones necessary to mitigate potential delays and costs.

As of mid-May, the District has held four newly regenerated red zone meetings, allowing sufficient time for all involved to create contingencies that otherwise could have made the BOD slip further out.

As Vince Lombardi said, “Winning isn’t everything; it’s the only thing.”

Winning means using red zone meetings to accelerate the completion of facilities on time and on budget.

(Editor’s note: Covington is the deputy area engineer, Schofield Barracks Area Office, USACE-HD.)



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Golden Knights — Want to be an ambassador of excellence? The U.S. Army Parachute Team is seeking candidates until July 15. To be selected, an individual must be on active duty status, have completed 100 freefalls, and have a good military and civilian record. Visit www.usarec.army.mil/hq/goldenknights/andwww.armygk.com.

FS HSO Closed — Beginning today, Fort Shafter’s Housing Services Office will be closed Fridays until further notice due to sequestration. (Yesterday, the Schofield HSO began closing Thursdays.) Both HSOs will continue working 8 a.m.-5 p.m., with no closure at lunchtime, the remaining four workdays. Call 655-7399.

DOD Lending Input — The Department of Defense seeks input on revising the Department’s existing regulation implementing the Military Lending Act to provide for limits on credit extended to service members. DOD is interested in comments on the scope of the definition of “consumer credit” and on alternative programs available to service members seeking small dollar credit.

The Consumer Financial Protection Bureau is working with DOD as a consulting agency to support efforts to examine and consider improvements to the MLA rules. Visit

<https://www.federalregister.gov/articles/2013/06/17/2013-14321/limitations-on-terms-of-consumer-credit-extended-to-service-members-and-depends>.

29 / Saturday

Wheeler Power Outage

— All of Curtis and Sperry loop’s units between Liliienthal and Fruchey roads, including both sides of Vought Avenue, will see a power outage from 7 a.m.-3 p.m. Affected units are 602-606, 610-636, 638, 640, 642, 644, 700-722, 724-735. Call 655-1022.

July

1 / Monday

Vehicle Decals

— Effective today, Joint Base Pearl Harbor-Hickam will no longer issue decals or require decals for base access. Instead, approved credentials, such as the Common Access Card (CAC) and other like identification, will be used for access to JBPHH.

In January 2012, DOD suspended the decal requirement for all U.S. Army installations across the nation; as a result, DOD decals are not required to access Army installations.

Visit www.cnic.navy.mil/pearlharbor-hickam.

2 / Tuesday

Change of Command

Gen. Vincent Brooks will take command of U.S. Army-Pacific, 11 a.m., on Fort Shafter’s Palm Circle. Brooks will become the 60th commanding general of USARPAC and the first four-star commander at Fort Shafter since 1974. Call 438-2662.

3 / Wednesday

Change of Command

Col. Judith Bock will relinquish command of 18th Medical Command (Deployment Support) to Col. Bret Ackermann in a change of command ceremony, 3 p.m., on Fort Shafter’s Palm Circle. Call 438-5938.



(Photos used in collage courtesy of Directorate of Family and Morale, Welfare and Recreation)

Garrison celebrates nation's birthday with a bang

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — The countdown is on for U.S. Army Garrison-Hawaii's 42nd annual 4th of July Spectacular, set to take place once again on Weyand Field, here, July 4.

Per tradition, festivities such as pony rides, midway games, rides, crafts, a new products bazaar and food booths will grace the grassy field throughout the day, beginning at 10 a.m., with a rocking concert and awe-inspiring fireworks display to close out the night.

However, this year, with most Hawaii-based service members home from deployment for the first time in nearly a decade, and with safety concerns at the forefront of Army officials' minds, the celebration will only be open to Department of Defense ID cardholders, to include military members, their families, military retirees, DOD civilian employees and their authorized guests.

"Ensuring safety and security on our installations is always the Army's top priority," said Col. Daniel Whitney, commander, USAG-HI, in a press release, "and maintaining safety, capacity and security at a large event like this is absolutely critical."

The July 4th event annually attracts 30,000-50,000 attendees, and Directorate of Family and Morale, Welfare and Recreation officials

are expecting Schofield Barracks will reach maximum field capacity this year.

Adding to the large draw is a headlining performance by the chart-topping pop rock band OneRepublic. The band recently released its third album, "Native," and is on its first Armed Forces Entertainment tour, with stops scheduled in Okinawa and Narita, Japan.

OneRepublic, whose first single, "Apologize," made radio history when it received the largest amount of airplay in one week, is anticipated to attract major attendance from the military community throughout the island.

Opening for OneRepublic is alternative rock band Switchfoot. Originally from San Diego, Ca., the band is currently working on its new album and movie, titled "Fading West," scheduled for release this summer.

Also on deck are live musical performances by bands such as Delayed Resistance, Above Reproach, Any Given Chance and EMKE at the Family and MWR stage (near the flagpole on Weyand Field), and family-friendly rides and games

offered throughout the day on Sills and Desiderio fields.

Tickets will be required this year for games and rides (food and drink are cash only), and wristbands may be purchased for \$20, between 10 a.m.-noon, for unlimited rides on Xtreme Fun Rides and inflatables, 10 a.m.-2 p.m., and a one-time go up the climbing wall. (Wristbands will only be sold at

the ticket booth on the corner of Fournier Road, close to the event Information Booth, and do not include mechanical bull or

pony rides.)

Other attractions not to be missed include a live flag retreat, a patriotic salute by the 25th Infantry Division Band and a car giveaway by event sponsor Cutter Ford — oh, and those spectacular fireworks that are sure to end the night with a bang.

"We sincerely thank the Army Recycle Center and the many businesses that provide us the funds necessary to produce the 42nd annual 4th of July Spectacular here at Schofield Barracks," said Kathy Giannetti, chief, special events, Family and MWR. "Without their support, this event would not be possible."

See 4th OF JULY, B-3



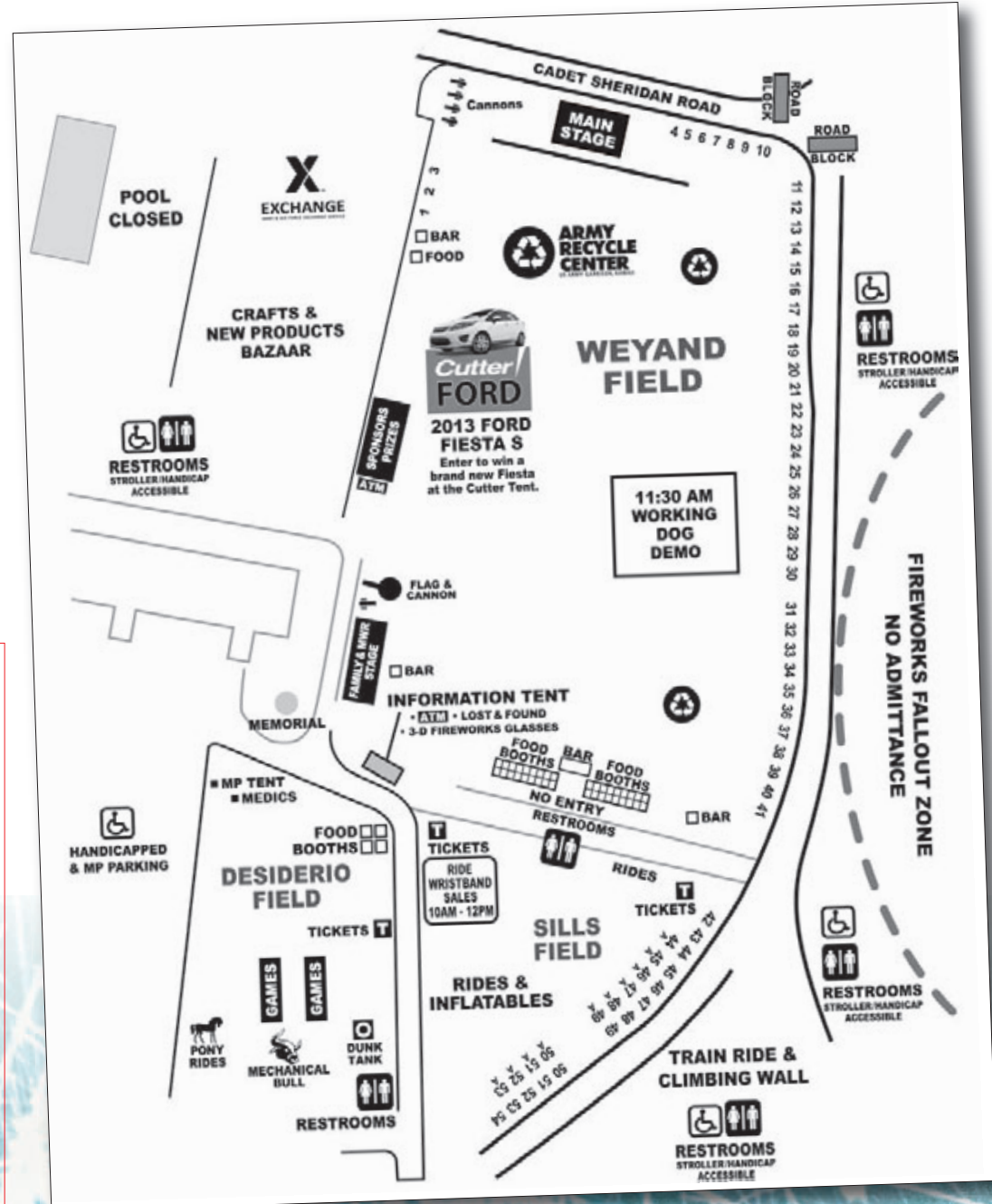
Schedule of Events

The 4th of July Spectacular begins at 10 a.m. and concludes at 9 p.m.

The following is a schedule of the day's festivities:

- 10 a.m.-6:30 p.m., pony rides, Desiderio Field;
- 10 a.m.-7 p.m., games and mechanical bull riding, Desiderio Field;
- 10 a.m.-8 p.m., midway rides, Sills Field;
- 10 a.m.-6 p.m., crafts and New Products Bazaar, Fernandez Hall back parking lot;
- 10 a.m.-9 p.m., food booths, Weyand Field;

- 11:30 a.m., military working dog demonstration, Weyand Field;
- 10:30 a.m.-3:30 p.m., live performances by Delayed Resistance, A Shot At Sundown, Above Reproach, Any Given Chance, Saving the Orphan, Awry By Design and EMKE, Family and MWR stage;
- 4 p.m., Switchfoot, main stage;
- 5:30 p.m., flag retreat, followed by OneRepublic, main stage;
- 7 p.m., giveaway of a 2013 Ford Fiesta S, main stage;
- 7:15 p.m., 25th ID band concert of patriotic music, 50 state patriotic salute and "1812 Overture," main stage; and
- 8:30-8:50 p.m., fireworks, from the Commissary parking lot.





Briefs

Today

SKIES Unlimited Drivers Education — New program is \$381, plus military receive a 5 percent discount. Earn additional savings by referring a friend to the same class to get \$25 off. Call 655-9818. The next session starts July 16.

New SKIES Unlimited AMR Studio — Now open and offering classes in Lil Ninjas, Kenpo Karate, Rock School, Beginner Dance, Intermediate Dance, Hip Hop and Hula at the AMR SKIES Studio. Call 655-9818 for class availability or visit www.himwr.com.

30 / Sunday

Sunday Brunch — Enjoy Sunday Brunch at SB Mulligan’s Bar and Grill, 10 a.m.-1 p.m. Call 438-1974.

July

1 / Monday

Summer Reading Program — The Hawaii Army Libraries 2013 theme is “Have Book, Will Travel!” This free program runs through July 13 and is open to all age groups: children ages 3-5, 6-11, 12-18 and adults. Registration is required. Call the SB Sgt. Yano Library (655-8002) or the Fort Shafter Library (438-9521).

Learn to Swim — Registration begins July 1 as follows:
•HMR pool, register through July 8, session is July 9-19; call 653-0716.
•AMR pool, register through July 7, for July 8-20; call 833-0255.
•TAMC pool, register through July 7, for July 8-19; call 433-5257.

Battalion Level Intramural Volleyball — 2013 tournament registration begins, July 1, for Aug. 5-9 tournament at Martinez Physical Fitness Center Gym.
Registration opens for battalion/separate company level, active duty Army, USAR and Army National Guard units. Entries must be submitted by 4 p.m., Friday, July 26, at the Sports, Fitness, and Aquatics Office, Bldg. 690. Call 655-0922/8678.

2 / Tuesday

Youth Flag Football/Cheerleading Season — Registration begins at CYSS Registration offices for youth born from 1997-2008. Cost is \$55 per person for flag football and \$55 per person for cheerleading or \$20 per person for cheerleading, if applicant already has a uniform.
Register through July 23. Season runs Oct. 26-Dec. 21.

Taco Tuesday Night — Kolekole Bar & Grill offers three tacos, rice and-



Hula hālau perform for the title “Hula Ho’olauna Aloha” at last year’s festival. The celebration returns to Kahala Mall, July 6, and The Royal Hawaiian’s Coconut Grove, July 7. (Photo courtesy of the 12th annual Hula Ho’olauna Aloha Festival)

Hula Ho’olauna festival to unite Hawaiian, Japanese cultures

BECKER COMMUNICATIONS
News Release

HONOLULU — The 12th annual Hula Ho’olauna Aloha festival will once again bring together Japan and Hawai’i in honor of hula’s traditional customs and vibrant culture for a weekend-long celebration.

Festivities begin on Saturday, July 6, at Kāhala Mall from 10 a.m.-6 p.m. with a hula exhibition featuring 45 performances.

Kumu Manu Boyd, a multi-Nā Hōku Hanohano award winner, will make a special appearance around 12:45 p.m. Boyd is a poet, singer, songwriter and formerly a member of the popular Hawaiian musical group Ho’okena.

The celebration will continue at the The Royal Hawaiian Hotel’s Coconut Grove, Sunday, July 7, from noon-6:45 p.m., featuring a hula hālau competition, hula demonstration and Hawaiian craft and products sale.

The Japanese hula hālau competition will start at 2:30 p.m. and will include three solo keiki, 10 solo wahine, one group keiki, two group wahine and four group

kūpuna performances, as they compete for the title, “Hula Ho’olauna Aloha 2013.”

Performances will be judged by many of Hawai’i’s top kumu hula, including Leimomi Ho, Maelia Loebenstein Carter, Colsen Ina Kanei, Ed Collier, Coline Aiu, Meleana Ulrich Manuel, Kawaikapuokalani Hewett and Les Pang.

The public is invited to attend both events free of charge; however, seating at the hula competition is limited to friends and family of participating hālau, and those with a Hawai’i state ID or military ID.

Created in 2002, the festival celebrates Japan’s love for the hula in its birthplace, while bridging the two cultures through dance and friendship.

More than 500 dancers, family, friends and hula enthusiasts are expected to attend.

Hula Ho’olauna Aloha Festival

For more information, visit the Japanese language website, www.hoolauna.com. Call 926-4504.

beans specials for \$4.99. Call 655-4466.

3 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

•North meetings, 2 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

•South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

Drawing Classes — Learn basic cartoon drawing at the SB Arts and Crafts Center, with creativity and confidence, by taking the mystery out of drawings.

Wednesday sessions follow:
•Adult class, 10 a.m.-12 p.m., \$35.
•Teens class, 2-3 p.m., \$25.
All supplies included; preregistration required. Call 655-4202.

4 / Thursday

Fourth of July Spectacular — Annual holiday festival features fireworks and live entertainment that lasts from 10 a.m.-9 p.m. Enjoy

See FMWR Briefs, B-7

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

“Farmers Market” — The Schofield Barracks Commissary will hold an outdoor Farmers Market during regular business hours, June 28-30. It will feature Commissary produce specials for all authorized Commissary patrons.

29 / Saturday

“Fellowship in the Park” — A TAMC Chapel sponsored outreach event, 4:30-6:30 p.m., Fort Shafter softball field, features barbecue, live music and keiki activities. Outdoor movie, “Life of Pi,” with popcorn, follows, beginning at 7 p.m.

Bring lawn chairs and/or blankets. Call 433-5727.

July

1 / Monday

Pet Microchipping — The Hawaiian Humane Society is teaming with more than 20 veterinary clinics around Oahu to sponsor, throughout July, \$10 microchip implants for dogs and cats. Call 946-2187 or visit www.hawaiianhumane.org.

Military Mondays — At Windward Mall, military members and their families receive 15 percent off qualified purchases at more than 50 participating merchants. The program is open to all active duty, retired military and qualified military family members with a valid ID.

3 / Wednesday

Open Improv — The Improv Open Stage invites improvisational performers to the 7:30 p.m. signup,

July 3. Free admission to performers; \$5 cover for audience at the Station Bar and Lounge, 1726 Kapiolani Ave.

For questions or advance sign-up, call 630-4392; visit therielchris@gmail.com or [facebook.com/therielchris](https://www.facebook.com/therielchris).

4 / Thursday

MCBH Fourth of July Run — Join the Marines and Sailors of Marine Corps Base Hawaii, Kaneohe Bay, 6:30 a.m., for the VP-47 5K Runway Run. The race is open to the public. Get information and registration at www.mccshawaii.com/races.

Ala Moana Center Fourth of July — Live concerts for this 22nd annual event begin at noon, and the day concludes with a fireworks spectacular at 8:30 p.m.

12 / Friday

Sesame Street — Tickets are on sale for 16 performances of Sesame Street’s “Can’t Stop Singing” at the Blaisdell Concert Hall, July 12-

21. Tickets range from \$12-\$28 and can be purchased at the Blaisdell box office, all Ticketmaster Outlets, online at www.ticketmaster.com or by phone at (800) 745-3000. Visit www.sesamestreetlive.com.

14 / Sunday

“Flutter: A Green Experience” — Runs during center hours through July 14 as Pearlridge Center’s 16th annual free summer exhibit for families. The museum-quality display features a host of eco-friendly, hands-on educational activities, including a Butterfly Pavilion, Keiki Exploration Station and educational workshops.

Admission to the Butterfly Pavilion, open 10 a.m.-8 p.m., Monday-Saturday, and 10 a.m.-6 p.m., Sunday. Cost is \$3; keiki under 8 are free with a paying adult.

“Cat on a Hot Tin Roof” — One of Tennessee Williams’s best-

See COMMUNITY CALENDAR, B-6

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES

Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Fast and Furious 6

(PG-13)
Fri., June 28, 7 p.m.
Sat., June 29, 2 p.m.
Sun., June 30, 2 p.m.



The Hangover Part 3

(R)
Sat., June 29, 6 p.m.

No shows on Monday - Thursday.

4th of July Spectacular

4th of July: Stay safe

CONTINUED FROM B-1

Traffic Advisory

DOD ID cardholders and their authorized guests can access USAG-HI’s 42nd annual 4th of July Spectacular through Foote, Lyman, McNair and Macomb gates.

- The following gate hours will be in effect for the event:
- Macomb, Foote and Kawamura gates will be open to inbound and outbound traffic, 5 a.m.-8 p.m.; open to outbound traffic only, 8 p.m.-midnight; and closed to all traffic beginning at midnight.
 - McNair Gate will be open to inbound and outbound traffic, 5 p.m.-8 p.m.; open to outbound traffic only, 8 p.m.-midnight; and open to inbound and outbound traffic beginning at midnight.
 - Lyman and Kunia gates will have normal operating hours, with normal traffic patterns.

Additionally, the following roads will be closed, 8 p.m.-midnight:

- Ayres Avenue, from McMahon Road to McCornack Road;
- Waianae Avenue, from McCornack Road to Ayres Road;
- Leilehua Avenue, from McCornack Road to Macomb Road; and
- Flagler Avenue, from Lyman Road to Foote Avenue.

There will be one-way traffic on both lanes of McCornack Road from Cadet Sheridan Road to McNair Gate from 8 p.m.-midnight. North Shore traffic will travel in the left lane; Honolulu traffic will travel in the right lane.

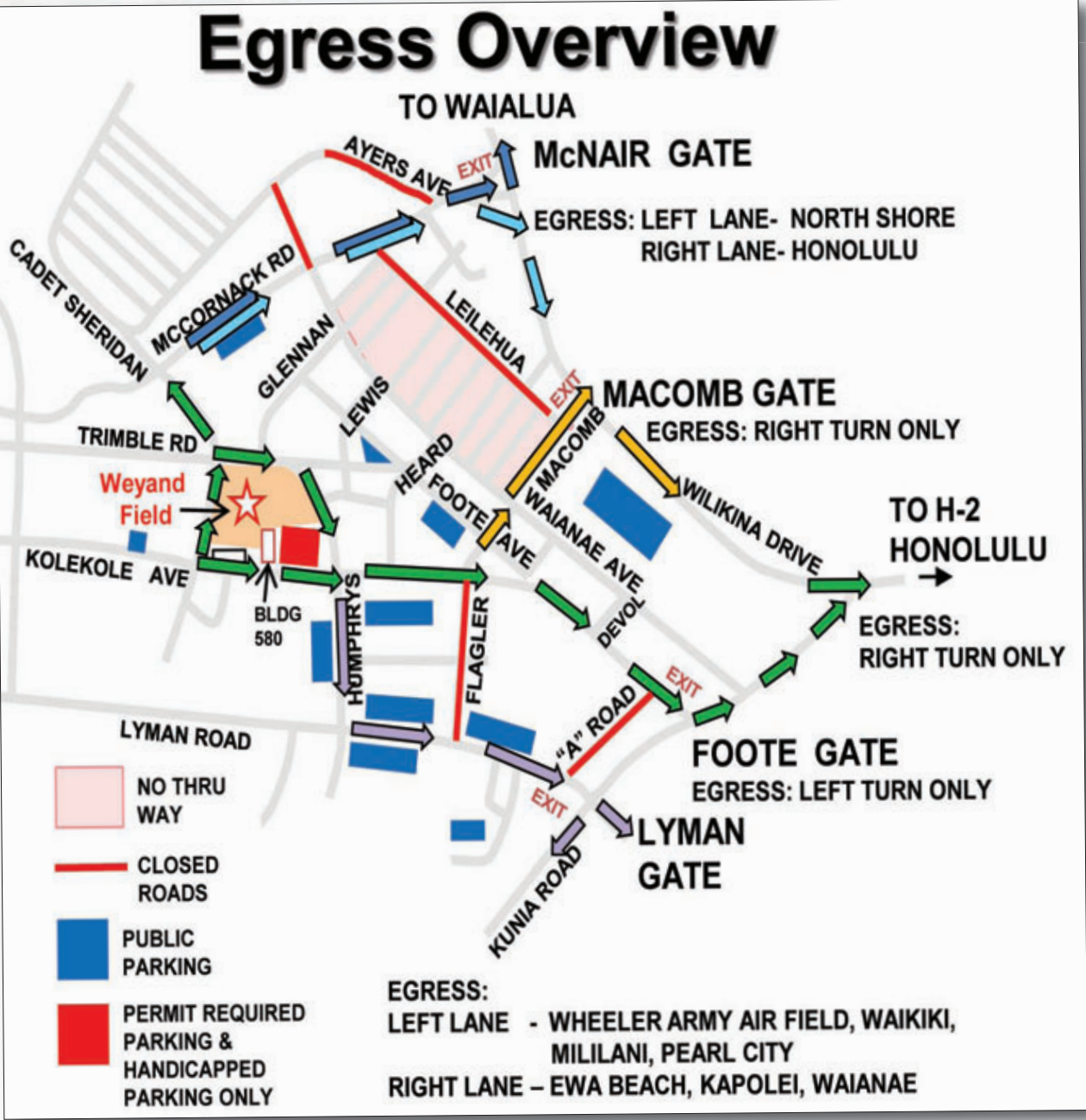
As a reminder, all guests must be accompanied by DOD ID cardholders when entering the installation. All drivers must possess valid vehicle registration and proof of insurance, and all vehicles are subject to search at any time while on the installation.

Public parking will be available; however, the garrison’s Directorate of Family and Morale, Welfare and Recreation advises spectators to walk, rather than drive, if possible, to the event to help ease traffic congestion.

Contact

The 42nd annual 4th of July Spectacular kicks off at 10 a.m. Call the Special Events office at 655-0002 or 655-0113.

Stay up-to-date with the latest announcements as they are provided at www.himwr.com.



Noise Advisory

Residents and visitors on post will hear the cannon rehearsal and performance, 6-10 p.m., July 3, and 7:15-8:30 p.m., July 4.

Safety First

To ensure a safe and happy Fourth of July for all, the following items are prohibited at the event:

- Glass bottles;
- Distilled spirits/liquor (whiskey, rum, vodka, tequila, etc.);
- Pets;
- Fireworks, including firecrackers and sparklers

(Note: Fireworks are prohibited on all military installations, including Army Hawaii installations, at all times);

- Charcoal/open-flame grills, unless they are in a designated picnic area that is reserved through Family and MWR.

Family and MWR will showcase its recycling and sustainability programs on post and is asking attendees to pitch in and dispose of their opala (rubbish) in the proper manner.

Punahou JROTC tackles national competition in Va.

Story and photos by
VICKEY MOUZÉ
U.S. Army Cadet Command Public Affairs
FAIRFAX, Va. — A team of Junior Reserve Officers’ Training Corps cadets from Oahu brought a bit of Hawaiian aloha to the mainland when it competed in a yearly national JROTC championship, here, June 21-23. JROTC Cadets Nick Grocki, Katherine Seth, Wyatt Smith and Brandon Takao represented Punahou School of Honolulu in the academic portion at the 2013 National JROTC Leadership



Army JROTC Cadet Nick Grocki, a member of the Punahou team, thinks about the answer to a question during the Army JROTC Leadership Bowl and Academic Championship, Saturday.

“I’ve always had a goal of competing here.”

— **Brandon Takao**
Punahou team captain

and Academic Bowl (JLAB) championships hosted by College Options. The Punahou academic team was just one of two JROTC teams from the state of Hawaii that qualified to compete in JLAB. (Waimea High School from Kauai sent a Leadership Team to the competition). Originally up against 24 teams representing U.S. Army Cadet Command’s Army JROTC brigades, Punahou’s team began its ascent to the championship back at the start of the school year. Pushing its way through a progressive process consisting of online quizzes and other qualifying events, Punahou was among three first-place teams from 8th Brigade. Brandon Takao, team captain, had been to JLAB about five years ago when he was in fifth grade. He had traveled with his dad, retired Army Lt. Col. Robert Takao, Punahou’s senior Army instructor when he’d brought teams to JLAB. “I just came here as a spectator, and I was definitely intrigued by what I saw,” Brandon Takao said. “So, I sort of knew what to expect and used that to help prepare our team.” Brandon Takao had helped prepare his teammates by drilling with ACT and SAT practice questions that covered math, science, literature and history, the same categories at the academic competition. “I’ve always had a goal of competing here,” Brandon Takao continued. “I enjoy doing this



Army Junior Reserve Officer Training Corps academic team members (from left) Nick Grocki, Brandon Takao, Wyatt Smith and Katherine Seth, from Punahou School in Honolulu, prepare to compete at the JROTC Leadership Bowl and Academic championship at George Mason University, Saturday.

type of activity, and it’s definitely nice to have seen some of this before. The competition is still pretty much the same.” During the qualifying rounds, Punahou and McNair cadets sat in a semicircle in a classroom, facing that session’s moderator. The long extra hours of practice had paid off; Punahou worked its way through the qualifying brackets. June 23, the team faced off against McNair Academic High School from Jersey City, N.J., a yearly rival and consistently one of the top JROTC academic teams in the nation.

Punahou’s cadets had watched McNair’s team June 22-23 by observing their friendly rivals during qualifying rounds. After each session, Punahou’s cadets would gather and discuss their rival’s performance to prepare their strategy. They felt it was inevitable that they would face off with McNair’s team. And just as they predicted, Punahou did go up against McNair in the academic quarterfinals.

See JROTC B-6

West Point calls to a Wahiawa prep football standout

Story and photo by
SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division
SCHOFIELD BARRACKS — Jaryn Villegas, a graduate of Leilehua High School, class of 2013, saw that he needed to make a change in his life, so he started playing football, a decision that has led him to the opportunity to play football for the United States Military Academy at West Point, New York. Each year, thousands of high school students apply for admission to U.S. military academies, but only a few are accepted. Getting accepted into West Point is an exceptional honor reserved for the nation’s most exceptional students. Those who are selected to attend USMA receive a college education that is unparalleled

in the world and paid for entirely by the U.S. government. “I knew I wanted to go to college and play college ball. West Point offered that to me so I took it,” said Villegas, a Wahiawa native who found football in his freshman year in high school. Darren Matsumiya, football coach at Leilehua, and mentor to Villegas, said he was really happy to hear about his player being accepted into the military academy. “This opportunity is a testament to the success he has achieved so far,” said Matsumiya. “Knowing what the academy has to offer him, I am confident that he will be able to do great things.” Villegas is going to pursue a degree in engineering while he attends West Point. By graduating from USMA, he will have a

degree that will speak volumes about his abilities, character and leadership. He will also be part of a highly distinguished and internationally respected membership, known as the Long Gray Line, a distinction that describes all cadets and graduates of the USMA at West Point. This opportunity is going to allow Villegas to

accomplish many things; one of those things is returning to his native land and making a difference. “I look forward to coming back here and (giving) back to the community,” said Villegas. “Hopefully, I can use my engineering to build some type of machine that will help this place grow.”



Wahiawa native Jaryn Villegas (top) sits down for lunch, recently, at the Nehelani, with officers from 3rd Brigade Combat Team, 25th Infantry Division, who all attended the United States Military Academy. Rischell Lot (middle left), who also will attend USMA in the fall, joined Villegas for the meeting.

Moving stuff is just part of the military lifestyle

I’ve been told that my family of five weighs more than 15,000 pounds. No, we are not morbidly obese. That figure is actually the total weight of all of our stuff — everything from the half-chewed pencil in the desk drawer to the 1978 Baldwin upright piano, and all the socks, cookie sheets, end tables and dog toys in between.

As a military family, we have to move every few years. Each time, a team of movers wraps all our stuff in paper, packs it into boxes, nails it into crates, weighs it and delivers it to our next temporary home.

Prior to every move, we take a few weeks to sort through our 15,000 pounds of stuff and “purge” unnecessary items like old clothes, outgrown toys and beat-up furniture.

Getting rid of things has always been difficult for me. As a child, I used to squirrel everything away — toys, coins, rocks, shells, candy, notes, photos and more — and I am still doing it to this day. I can attach practical or sentimental value to almost anything to make it worth keeping.

Sixteen years ago, we were about to move from England to Virginia, and were sorting through our stuff



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

in preparation to be packed. My husband was going through all the little drawers in his big roll top desk, and came upon a small white plastic clamp holding a hard brownish object. “What the heck is this?” he asked, holding the clamp up to the light.

“Oh, that’s Hayden’s umbilical cord,” I said, briefly looking up from a file box of bank statements.

“His umbilical cord?” he said, astonished, tossing the dehydrated fragment back into the drawer. “That looks like something you’d find in a bowl of Chex Mix. What if I had accidentally eaten it? I’m throwing it away.”

“WAIT!” I shouted, lunging for the dried up morsel of sinew.

I held the plastic clamp and gazed at the petrified remnants of the bridge of flesh that once connected my son and me. I thought of the life-giving nourishment that flowed through the cord and how it symbolized my undying love for my son.



(Courtesy photo)

Just then, my husband interrupted my reverie, “Hon, you’re not going to keep that thing are you? It’s like a dried-up piece of raw chicken!”

As I reluctantly threw the scabby scrap into the trash, I wondered if discarding our original physical bond might adversely affect the emotional tie between my son and me.

Crazy, I know. That is the insane thought process I go through every time we move.

I could give in to my hoarding tendencies and tell myself that every scrap of paper and old shoe is indispensable, because it is useful or holds some dear memory. But then, the U.S. military would fine us for going over the allowable weight limit for a family of five.

Thanks to Uncle Sam, I am not a hoarder, but I still battle my propensity to pack rat every time we move.

This time, I hesitated over a restaurant matchbook from a night when the kids didn’t embarrass us. I had a lot of trouble parting with my 1980s Bermuda bag and its buttoned covers, still convinced that wooden handled purses will come back into style. And I couldn’t get myself to part with the tin drum that my son used to beat when we went Christmas caroling with the neighbors.

With each move, I have to remind myself that, although our stuff comforts us and makes us feel at home in unfamiliar places, the 15,000 pounds of stuff that follows us around the world does not make us who we are.

It is merely stuff, without which, we still have a hefty family life, weighty with memories,



“Thanks to Uncle Sam, I am not a hoarder, but I still battle my propensity to pack rat every time we move,” said Molinari about her move. (Courtesy photo)

loaded with laughter and laden with tons of love.

(Editor’s Note: A 20-year Navy spouse and mother of three, Lisa has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and on “Stripes Military Moms” website at www.themeatandpotatoesoflife.com; follow @MolinariWrites.)



Army Junior Reserve Officer Training Corps cadets from Punahou School in Honolulu (left) meet with Army JROTC cadets from McNair Academic High School in Jersey City, N.J., after facing each other in the semifinals of the academic rounds at Army JROTC Leadership Bowl and Academic Championship at George Mason University, Saturday.

Punahou: JROTC academic cadets compete

CONTINUED FROM B-6

The atmosphere grew tense as Punahou’s cadets tried to hit the buzzer first to answer a question. In the end, McNair beat out Punahou to go on to the semifinals.

With the semifinals over, cadets from both schools met out in the hallway, shook hands and

offered congratulations.

But before parting ways, Punahou’s cadets showed the aloha spirit by teaching their one-time rivals how to “throw da shaka.”

(Editor’s note: The Punahou academic team finished fourth among 24 JROTC academic teams, losing the last question to McNair Academic High School in the Army semifinals.)

community Calendar

CONTINUED FROM B-2

known works and winner of the Pulitzer Prize for drama, will run Thursday-Sunday, through July 14, at the Actors Group Theater, Dole Cannery Square. Military discount tickets, \$12. Reservations at www.taghawaii.net or call 722-6941.

Ongoing

Preparedness — Hurricane season in the Pacific Region is June 1-Nov. 30. The Army encourages all personnel to maintain a level of readiness.

If directed to move to a safe haven, on-post residents should already know where their safe havens are located. Print the list and maps from www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf or www.slideshare.net/usaghawaii/safe-havenson-post.

Keep a copy of this information in your emergency supply kit for quick access, and bring this kit with you to the safe haven.

If you live off post, move to a safe haven in your local community, if directed. This information can be found in local phone books or at www.scd.hawaii.gov/index.html.

Latchum Road Closure — CW Latchum Road, between Lauhala and

Airdrome roads, will be fully closed, 24/7, for reconstruction and site work with scheduled completion Dec. 7, 2014.

Project schedule is subject to change pending weather delays. The contractor will have appropriate safety signs and barriers when the roadway is closed. Call 656-2420.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

Veterinary Treatment Facility — The SB Veterinary Treatment Facility is now seeing patients five days a week, with extended hours every third Wednesday of the month until 7 p.m.

Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

Free College Level Exam — The Schofield Army Education Center offers CLEP and DANTES Subject Standardized Tests (DSST) every Tuesday, from 9 a.m.-5 p.m., SB Education Center, Bldg. 560, Rm. 214.

Testers must arrive two hours before closing to provide ample time to complete the tests. Study guides are available at the Learning Resource Center, Rm. 203. Visit hpunationaltestingcenters.wordpress.com/about/.

Learn to recognize and handle the types of stress

CHAPLAIN (LT. COL.) JUDITH HAMRICK
U.S. Army Public Health Command
ABERDEEN PROVING GROUNDS, Md. — Hassles. Deadlines. Short suspenses. Life today is full of stress. But what is stress and how does one manage it? Stress is anything that makes one feel tense, anxious or excited. This definition includes good things, too, like vacations and holidays. Lots of things can cause stress: short suspenses, unrealistic expectations, over-commitment of time or finances, even relationships with other people. Stress can cause symptoms in many areas of life, including physical, mental, emotional, social or spiritual. Stress can also make one ill or leave one susceptible to injuries. It can cause

headaches, stomach discomfort, trouble sleeping, or leave one feeling run down, irritable or forgetful. The bad news is that people cannot avoid all stress. The good news is that some stress is healthy. It motivates people to accomplish things and to make necessary changes. It is also something a person can influence. A person’s attitude can help him or her handle stress. Sometimes one needs to gain perspective by stepping back from a problem and asking how important it is. What will it matter 100 years from now? Sometimes one needs to grieve the loss, theft or death of a person, object, opportunity or status. Sometimes one needs to go with the flow and be flexible, accepting the things that

he or she cannot change. At other times, it helps to do something. In such times, a person must first determine what is causing the stress. Is it a shortage of time, energy, money or space? Is it a conflict of values? Is the stress coming from one’s job, environment, personal relationships or personal expectations? Where is it possible to make a change? If there are many stressors, it helps to choose one or two areas to change. Changing too many things at once often causes more stress. Making changes that affect the biggest stressors often have the added benefit of relieving stress in other areas. The most critical factor in dealing with stress is control. Knowledge and planning are important aspects of control. The most difficult things a person will face are the unanticipated and the unavoidable. However, one can prevent or lessen some problems by planning, and this method can lower stress. Next, one can plan ways of coping with the stress. Regular exercise, adequate sleep, a healthy diet and lifestyle, and interacting with others help to keep one healthy and to regain perspective and the mental energy necessary to solve problems. Taking care of one’s spirit also helps in managing stress. Many things like journaling, meditating, time management, hobbies, play, laughter and singing can help refresh the spirit. Trying something new occasionally will help to avoid boredom. One must put his or her plan into action in order for it to be effective. A person should allow at least three weeks for his or her plan to bring some relief. After three weeks, it helps to re-evaluate one’s stress level and adjust the plan, as need-



Sometimes one needs to gain perspective by stepping back from a problem. (Courtesy photo)

ed, by trying different ways to lower stress in the same area or by dealing with another area that is causing stress. Those unable to find relief from their stress are encouraged to speak with a chaplain or a mental health provider.

Learning to Manage

For more information on ways to manage stress, visit these sites:
•Medline Plus, www.nlm.nih.gov/medlineplus/stress.html;
•Mayo Clinic, www.mayoclinic.com/health/stress-symptoms/SR00008_D; and
•The American Institute of Stress, www.stress.org/.



Stress is anything that makes one feel tense, anxious or excited. This definition includes good things, too, like vacations and holidays. (Courtesy photo)



CONTINUED FROM B-2
games, rides, food, a mechanical bull ride, crafts, prizes and much more.

See p. B-1 story for details. Visit himwr.com or call 655-0113 or 655-0115.

13 / Saturday Summer Concert Series — FMWR and the Native Hawaiian Liaison Office present the third event, 6-7:30 p.m., July 13, at the Leilehua Golf Course Bar and Grill. Mike Ka’awa will be the featured artist. Free admission, with food and drinks available for purchase.

Ongoing Home School P.E. Classes — SB and AMR Youth Sports conduct P.E. classes for military home school families. Cost is free; however, purchase a Home School P.E shirt for \$7. Register with nicole.kenos.naf@mail.mil (SB) or christ.t.fuamatu-maafala.naf@mail.mil (AMR) and include the following information: youth’s name, age/grade,

home/cell number and family email address. Visit www.armyhawaii.youthsports.com or call SB, 655-6465, or AMR, 836-1923.
AMR Pool — Summer hours are underway Mondays-Wednesdays and Saturdays-Sundays, 11 a.m.-5 p.m. AMR is closed Thursdays-Fridays. Swim classes are available. The season runs through Oct. 16. Call 833-0255.

TAMC Summer Pool — Summer hours are underway and run through Oct. 16. Pool open Mondays-Tuesdays and Thursdays-Fridays, as follows:
•6-8:30 a.m., for active duty PT;
•11 a.m.-1 p.m. for waddling pool and adult lap swimming; and
•1-6 p.m. for open swimming. Saturday is open swimming, 11 a.m.-5 p.m. The pool is closed Wednesdays and

Sundays. Call 433-5257.
Water Exercise — Classes at HMR pool are Monday, Wednesday and Friday from 4-4:45 p.m. Call 653-0716. Classes at TAMC pool are Monday, Tuesday, Thursday and Friday from 4:45-5:30 p.m. Call 433-5257.
Volunteer Coaches — Youth Sports is seeking coaches. Call 836-1923 for AMR/FS and 655-6465 for SB.